



May 2009

The next Full Collaborative Meeting will be held  
Wednesday, May 13 at the  
Renville County Office Building, Olivia  
11:45 am—1:45 pm; Cost: \$5.00  
**PLEASE RSVP** to Shawna (320)235-8938 or email  
**shawna.steffen@co.kandiyohi.mn.us**  
(Minutes of past meetings are available at [www.pact4.org](http://www.pact4.org))

# PACT 4 NEWSLETTER



## GRANT ANNOUNCEMENT

PACT 4 received notice that it is the recipient of a grant to serve the mental health needs of children ages birth to five.

In the grant application entitled, “Mental Health Birth to Five,” PACT 4 Families Collaborative proposed a coordinated, comprehensive spectrum of services for infant/toddler/preschooler mental health and will work with mental health agencies, medical practitioners, public health, early childhood educators, Head Start, integration professionals, childcare providers and families through a combination of strategies to:

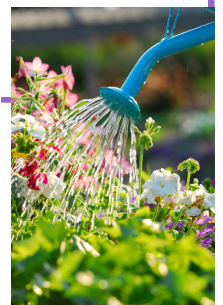
- **Increase the quality of and expand mental health services to the infant and early childhood population in the PACT 4 counties:** The mental health services of this grant will be coordinated by PACT 4 Families but will be provided by partners within the Collaborative. Children’s Therapeutic Services and Supports (CTSS) services will be provided by Lutheran Social Service of Minnesota and Woodland Centers.
- **Improve early recognition and screening:** Emphasis will be on reaching parents, childcare providers, and other early childhood staff and professionals who come into contact with our youngest children.
- **Link families with appropriate resources:** Early childhood resource consultants will be used to help bridge the gap between a child being identified and the family connecting with the appropriate service provider.
- **Offer culturally and linguistically accessible services:** All of these services will be offered to meet the needs and values of families. People will be treated respectfully and fully whether or not they can speak English, adhere to a specific religion, or can afford to pay for needed services.

We are thrilled to begin work with our many partners on this initiative and are currently working on the contract with our grant manager at DHS. This grant is funded for a two-year period with the hope that services, once in place, will continue through third-party funding options. Stay tuned for updates as this program unfolds!

The PACT 4 Families Collaborative office will begin a summer schedule on June 1st.

The hours will be:

Monday - Thursday open 8:00am - 4:00pm; Friday open 8:00am - 12:00pm



## 2009 Executive Board

**Arliss Stenger, Parent (Meeker Co)**  
(Vice-Chair)  
Serves through 2010 - 3rd Term  
(320) 453-8153 / arliss\_stenger@yahoo.com

**Becky Romosz, Parent (Kandiyohi Co)**  
Serves through 2009 - 2nd Term  
(320) 235-2204 / becromosz@yahoo.com

**Debi Brandt, Heartland CA Agency**  
Serves through 2009 - 1st Term  
(320) 235-0850 / debib@heartlandcaa.org

**George Dubie, Greater MN Family Svcs.**  
Serves through 2010 - 1st Term  
(320) 214-9692 /  
gdubie@greaterminnesota.org

**Gerald Brustuen, RC Human Services**  
Serves through 2009 - 2nd Term  
(320) 523-2202 /  
jerry\_b@co.renville.mn.us

**Greg Schmidt, MACCRAY School Dst.**  
Serves through 2011 - 1st Term  
(320) 847-2154 /  
schmidtg@maccray.k12.mn.us

**Jill Bruns, RC Public Health (Chair)**  
Serves through 2011 - 3rd Term  
(320) 523-3723 /  
jill\_bruns@co.renville.mn.us

**Loren Hacker, Canby School District**  
Serves through 2010 - 3rd Term  
(507) 223-7226 /lhacker@canby.mntm.org

**Tammy Thompson, MC Corrections**  
Serves through 2011 - 1st Term  
(320) 693-5260 /  
tammy.thompson@co.meeker.mn.us

**Val Mersch, Fiscal Agent (non-voting)**  
val\_m@co.renville.mn.us

**Debb Sheehan, Director**  
(non-voting) (320) 231-7036 /  
debb\_s@co.kandiyohi.mn.us

### Chief Elected Officials

**Dick Larson, Kandiyohi County**  
**Amy Wilde, Meeker County**  
**Jane Remiger, Yellow Medicine County**  
**Bob Fox, Renville County**

### PACT 4 Families Mission

*"As a collaborative we will work together to reduce duplication and provide a family-driven continuum of quality, innovative, and cost-effective services for children and their families. These services will be culturally sensitive and strength-based."*



## Director's Corner

According to Mental Health America, with increasing economic troubles piled on to the stress of work and family demands, more and more Americans are suffering. According to the Gallup-Healthways Well-Being Index, 58% of Americans reported struggling in their lives at the end of 2008. This represents an increase of more than 22 million Americans over those who reported struggling earlier in the year.

Just as adults are struggling, so are our young people. Children and adolescents can have mental health disorders that interfere with the way they think, feel, and act. In the United States today, one in ten children suffer from a mental disorder severe enough to cause some level of impairment. When untreated, mental health disorders can lead to school failure, family conflicts, drug abuse, violence, and even suicide.

During this Mental Health Awareness Month, we want to remind all our colleagues and partners that the future of our communities depends on the mental health and strength of our young people. The Child and Adolescent Division of Substance Abuse and Mental Health Services Administration (SAMHSA) puts it this way:

- Every child's mental health is important.
- Many children have mental health problems.
- These problems are real, painful, and can be severe.
- Mental health problems can be recognized and successfully treated.

By working together, caring families and communities can help. Information is available from SAMHSA's National Mental Health Information Center by calling 1-800-789-2647.

*Debb Sheehan*

*debb\_s@co.kandiyohi.mn.us*



# Yellow Medicine Co. Chemical Health Coalition

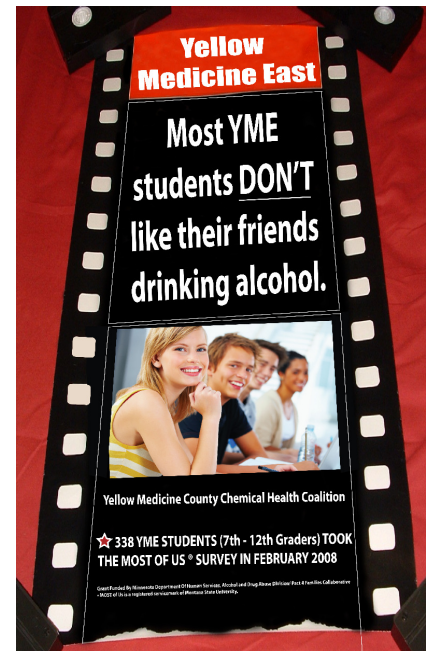
Have you ever heard the quote “Out of sight, out of mind”? We usually think of this in terms of our kids, but the reality is that we all resemble this from time to time. Turn on the news and a large percent of what we see is negative; loss of jobs, crimes against others, tragedies, and accidents. Talk with a group of adults over a meal or at a community event and what is talked about? Kids getting in trouble, the bad weather, and the problems with the world today. Once we have negative thought patterns, we tend to look for negative things to reinforce those ideas.

What would happen if we all made a conscious effort to see the positive in ourselves, our family, our community, and our country? If we really looked for the good in others, what do you think we would see?

The Chemical Health Coalition of Yellow Medicine County has been working on reducing youth alcohol use and access and we have taken on the task of promoting the positive. The campaign is called the “Most of Us” campaign and the goal is to correct the misperceptions that the community has regarding our youth and the misperceptions that the youth have about each other.

You don’t have to look very far to see kids in our community getting good grades, doing well in sports, volunteering, being kind toward others, and making a positive impact in their worlds. We have great kids, making good decisions. In fact, most high school seniors in Minnesota don’t drink in a typical month\*. So, the next time you are inundated with the negative, make a choice...Choose to see the good around you. It’s there and it’s contagious.

*Ann Orren, Coordinator  
annorren@frontiernet.net*



\*2007 Minnesota Student Survey

## May 7 is Children’s Mental Health Awareness Day

Resiliency is the quality that allows an individual or group to function well despite the odds against them. So whether a child is experiencing normal developmental issues or struggling with a mental illness, it is always helpful to offer supports and use these opportunities to demonstrate and teach healthy coping skills.



*Somerville Journal - Apr 21, 2009*

In February of this year the Minnesota Restorative Services Coalition (MRSC) conducted a survey of restorative justice programs across the state to gain feedback on relevant program data from the most recent operating year. A total of twenty programs responded to MRSC's survey. The information MRSC received is briefly outlined below. I believe the statistics show the great effort being taken around the state to be fiscally responsible while dealing with underlying issues such as chemical use, mental health and familial issues by using restorative practices.

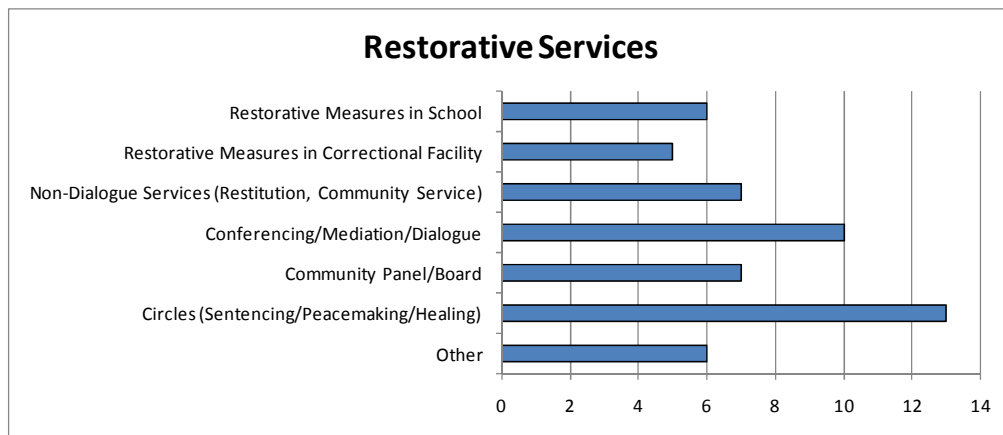
## Program Staff

The twenty surveyed programs revealed that (combined) they currently have:

- 35 full time staff members; 26 part time staff members; 476 program volunteers
- Over the last year, program volunteers contributed over 10,380 hours of service.

## Restorative Services

The types of restorative services provided by surveyed programs are outlined in the graph at right. Programs reported that they support a variety of restorative services. Most programs provide more than one restorative service. Of the twenty surveyed, the two most common services provided are Circles (13 programs) and Conferencing (10 programs).



## Clients Served

Over the past operating year, the twenty surveyed programs reported serving:

- 1,218 Youth; 433 Adults; 482 Victims; 733 Community Members, 422 Others.

Of these programs:

- 47% served juveniles only; 24% served adults only; 31% served both juveniles and adults.

## Client Referrals

The majority of clients (54%) were served as a diversion from court. Most referred offenses (41%) were misdemeanors.

## Case Outcomes

The 20 surveyed programs reported that clients completed these and many other conditions as a part of the restorative process over the past operating year:

- 421 verbal and written apologies; 6892 hours of community service.

## Program Funding

Of the twenty surveyed programs, the average annual program budget was \$50,140.33. Twelve out of the twenty surveyed programs (60%) reported that they receive funding from the MN Department of Corrections, Restorative Justice Grants. On average, DOC funding made up 33% of these programs' budgets. Eleven out of the programs (55%) received funding as part of a city and/or county allocation. Seven out of the programs (35%) received funds from private foundations. Programs also reported a diversity of funding sources. In addition to direct funding, programs received a number of in-kind donations including:

- Volunteer time, office space, food, equipment, professional services, meeting space, and food.

## Outcomes from the past year were also reported:

- School attendance improved (truancy to consistent attendance).
- School grades improved (D to B average).
- Families stabilized (no more contact with protective services, families stopped moving, no further police contact).
- 87% show improved decision-making skills six months after program completion.
- 77% reported significant improvement in the problem they addressed in counseling.
- 53% of youth reported a decrease in chemical use six months after program completion.
- 94% of youth reported greater understanding of how their behavior and choices affect themselves and others.
- 60% of participants would volunteer again as a result of completing community service hours.
- 94% felt that the work they did was meaningful.

# 21st Century Community Learning Center

The RCW Know Your World students have focused on science this year. The students at the elementary have cleaned up five aquariums, planned what fish would go in them, devised a feeding schedule, tested the water regularly, and taken care of the aquariums placed throughout the school. Students, staff, and visitors have enjoyed these colorful additions.

We recently held our Family Night where everyone who came was able to make a Klutz Build a Book. Students had previously written short stories, but were not held to using that story for their books. We had 32 people show up on the start of a stormy weather period!

Looking ahead we will have members of the FFA club talk about gardening, and our students will plant flower seeds to be later transplanted in front of the school building. Every Tuesday in April, we will have four different foreign exchange students come in to talk about their countries. We will follow up with an activity about what they learned the following Thursday.

*Pam Hultquist*

*RCW 21<sup>st</sup> Century Coordinator*



*Funding for the PACT 4 Families Collaborative 21<sup>st</sup> Century Community Learning Centers grant program is provided by the federal government through the No Child Left Behind Act and is administered by the Minnesota Department of Education.*



## Guía

### Co-Occurring Disorders and Guía

Many youth deal with not only substance abuse, but also co-occurring mental illness. The National Co-Morbidity Study found that one of every two individuals with severe mental illness has the additional problem of substance use disorder (abuse or dependence related to alcohol or other drugs).

Young people affected by mental illness use drugs for the same reasons people without mental illness do, such as not having jobs, not feeling happy, and not having good skills for meeting people. In many cases, people with mental illness are more sensitive to the effects of alcohol and other drugs and other times, substance abuse can heighten the severity of mental illness. Sometimes either the mental illness or substance abuse can go unrecognized, and the youth's condition deteriorates even further.

Recovery must be the individual's choice. People cannot be pushed into giving up substances. Over time, they can learn to manage both illnesses and get on with their lives in personally meaningful ways. Effective treatment has been shown to reduce the risk of additional problems, such as increased mental health symptoms, hospitalizations, financial concerns, family problems, homelessness, suicide, violence, and incarceration.

The Guía program works in the four counties of PACT 4 to assist Hispanic/Latino youth who are dealing with substance use. Given the rates of co-occurrence, we know that many of these young people are also struggling with mental health issues. If you know a youth who is struggling with chemical use, contact PACT 4 Families Collaborative. If an individual needs professional treatment for either substance abuse or mental illness, we will refer him or her to an appropriate provider. In the meantime, we will be there to assist and support the youth to meet the challenges life sends his/her way.

*Alex Espinoza and Gwenn Garcia; Guía Coordinators*

## 2009 - 2011 LCTS Grant Awards

Every person, agency and county in our area is hurting, if not reeling, due to the economic down turn. We try to put a positive face on things, but it is disheartening to tell staff they are being laid off or as I recently had to, write numerous letters to program coordinators saying their grant requests would not receive funding.

While it is exciting to name the recipients of the PACT 4 2009-2011 grants, they represent only 42% of those programs that applied for funding. Volunteers that participated in the review process commented that every application deserved to be funded. This is a statement that should be underscored many times over. So... join me in congratulating those programs that received funding in the current cycle of grants, but recognize too, that our communities will not be the resourceful places they were only a few years ago.

—Debb Sheehan; Director, PACT 4 Families Collaborative


<u>COUNTY</u>	<u>FUNDING</u>	<u>PROJECT TITLE</u>
<i>KANDIYOHI COUNTY</i>		
Heartland Comm. Action	\$43,060.00	Kids in Development (KIDS)
Kandiyohi Co Public Health	\$60,000.00	Family Home Visiting
Rice Hospital	\$38,902.00	Pregnancy Education for Teens (PET)
Shelter House	\$55,000.00	Harmony Visitation Center Parenting Time Services
Shelter House	\$26,000.00	Project Impact
Willmar School Comm. Ed	\$32,000.00	Family Literacy Program
Woodland Centers	\$40,000.00	New Connections Youth Day Treatment
Woodland Centers	<u>\$60,000.00</u>	Non-County Home Based Services
	<i>\$354,962.00</i>	
<i>MEEKER COUNTY</i>		
Litchfield School	\$28,308.00	Jump Start Summer School
Litchfield School	\$52,194.00	Truancy Prevention Program
Meeker Co Public Health	<u>\$50,000.00</u>	Meeker County Healthy Families
	<i>\$130,502.00</i>	
<i>RENVILLE COUNTY</i>		
Renville Co Public Health	<u>\$44,000.00</u>	Renville County Home Visiting
	<i>\$44,000.00</i>	
<i>YELLOW MEDICINE COUNTY</i>		
Canby School	\$32,000.00	School Based Mental Health Program
YME School	<u>\$38,544.00</u>	Hispanic Liaison Program
	<i>\$70,544.00</i>	

**Total Competitive Grants: \$600,008.00**

## May is Mental Health Awareness Month

Mon	Tue	Wed	Thu	Fri
				<b>1</b>
<b>4</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>5</b> ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>6</b>	<b>7</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>8</b>
<b>11</b> ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>12</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>13</b> ■ SHARE Advisors/Liaisons; 9:00-11:30; Master's Coffee Shop; Olivia ■ PACT 4 Committee meetings and Full Collaborative meeting-check website for details on times/locations	<b>14</b> ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>15</b>
<b>18</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>19</b> ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>20</b> ■ PACT 4 Staff mtg; 8:30-11:30; <b>office closed during this time</b> ■ Restorative Justice Volunteers mtg; 12:00; #2075	<b>21</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>22</b> ■ 4-County Public Health Director's mtg; 12:00; The Oaks-Game Room
<b>25</b> MEMORIAL DAY OFFICE CLOSED	<b>26</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>27</b> ■ SHARE Coordinating Council; 11:30; The Oaks	<b>28</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>29</b>

## June 2009

Mon	Tue	Wed	Thu	Fri
<b>1</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>2</b> ■ Executive Board; 11:30-2:00; #2055 ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>3</b>	<b>4</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>5</b>
<b>8</b> ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr ■ Parent Advisory Mtg; 5:30-7:30; YMCA	<b>9</b> ■ 21st CCLC Advisory Comm Mtg; 8:30-10:30; #2045 ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>10</b> ■ PACT 4 Committee meetings and Full Collaborative meeting-check website for details on times/locations ■ 21st CCLC MN DNR Project Learning Tree/Project WET trng; 9:00-4:00; MPR	<b>11</b> ■ Restorative Justice Steering Comm; 12:00; The Oaks at Eagle Creek; Willmar ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>12</b>
<b>15</b> ■ Willmar RJ Circle #2; 5:30-7:00; Lakeland Ctr	<b>16</b> ■ Bilingual RJ Circle; 4:30-6:00; Lakeland Ctr	<b>17</b> ■ Restorative Justice Volunteers mtg; 12:00; #2075	<b>18</b> ■ Raymond RJ Circle; 5:30-7:00; St John's Lutheran Church	<b>19</b>
<b>22</b> ■ Willmar RJ Circle #1; 5:30-7:30; Lakeland Ctr	<b>23</b> ■ New London RJ Circle; 5:30-7:00; Peace Lutheran Church	<b>24</b>	<b>25</b> ■ Willmar RJ Circle #3; 5:30-7:00; Lakeland Ctr	<b>26</b>
<b>29</b>	<b>30</b> HAPPY BIRTHDAY TO DIRECTOR, DEBB SHEEHAN 			

If you have any questions regarding the content of this newsletter or would like to be included on the mailing list, please call (320) 231-7030.

If you would like to receive this newsletter electronically, please contact [shawna.steffen@co.kandiyohi.mn.us](mailto:shawna.steffen@co.kandiyohi.mn.us)

*It is the policy of PACT 4 Families to provide equal employment opportunity for all, without discrimination on the basis of race, color, creed, religion, national origin, sex, marital status, status with regard to public assistance, disability, sexual orientation, or age.*



**SCHOOL CONNECTEDNESS  
- MAY -**

Promote home learning during the summer months. Practice math skills at summer baseball games, engage in science experiments in family vegetable and flower gardens, and participate in summer reading activities at local libraries. Distribute summer learning packets and encourage family participation in student goal setting.

**Registration is open for the August 18 SCHOOL CONNECTEDNESS CONFERENCE. Visit [www.pact4.org](http://www.pact4.org) for a conference brochure.**

PACT 4 Families Collaborative  
2200 23rd St NE Ste 2030  
Willmar, MN 56201

**RETURN SERVICE REQUESTED**